

Diabetes and Smoking



California
Smokers'
Helpline
1-800-NO-BUTTS

Diabetes is a condition in which your body can't make the insulin it needs (Type 1), or can't use the insulin it has (Type 2). Insulin is important for turning food into energy. Among other health concerns, having diabetes puts you at greater risk for high blood pressure, heart attack, and stroke.

Signs of Diabetes

Signs of diabetes may include losing weight (though eating more), feeling thirsty more often, vomiting, urinating a lot, having infections that heal slowly, and for men, trouble having an erection. Other common problems include tiredness, nausea, and blurred vision.

Managing Diabetes

Develop a plan with your doctor.

A good plan includes:



Benefits of Quitting Smoking

Those who have diabetes and quit smoking reduce their risk of:

- Heart attacks and cardiovascular disease.
- Serious foot problems like infections, ulcers, and poor blood circulation.
- Vision problems and blindness (retinopathy).
- Amputation (95% of diabetic people needing amputations are smokers).
- Kidney disease.
- Gum disease and tooth loss (periodontal disease).
- Early onset of impotence.
- Uneven effects from insulin injections.